

# Safeguarding Children Training Courses

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## About Safeguarding Children Training Courses

All courses can be run on your site or off site, depending on preference. All trainees get 12 months access to our online support forum after the training event so that they can ask questions, engage with other delegates, access course materials.

Safeguarding children courses:

- Reflective Supervision
- CAF Concepts and Process
- Safeguarding for Professionals working with children
- Safeguarding update
- Child Sexual Exploitation (CSE)

Related courses:

- Surviving the Teenage Years
- Raising Self-Compassion in order to raise Self-Esteem
- Rewiring the Brain to change Behaviour
- Understanding and Working with Self-Harm in Children and Young People
- Neuroscience and Attachment
- Primal Wound and Attachment
- Attunement To Form Attachment
- Understanding and Working with Anger

### ➔ Reflective Supervision

*delivered by Ven Training*

#### Outline:

The three building blocks of reflective supervision are (i) Reflection (ii) Collaboration and (iii) Regularity. Reflective Supervision is a tool for relationship - based services. Supervisors or managers use reflective supervision to help their staff think about, understand, and put in perspective the information shared by the young people and families they work with, the emotions experienced from that sharing, and the feelings generated from their own life experiences.

## Outcomes:

Supervisors and managers are able to create supervision that is:

- Supportive and will aim to develop staff
- Develop new knowledge structures
- Turn that knowledge into actual skills and strategies
- Building meaningful professional presence that provides support to children and families
- Create their own set of tools for fostering professional growth in themselves and their staff
- How to learn new things in the process of sharing experience
- Understand the importance of providing a safe space for reflection

The additional benefits of reflective supervision are that it demonstrates an organisational commitment to a professional value base that recognises the usefulness and good practice of each individual worker. It encourages an ethos of good practice across the whole organisation whilst at the same time providing a solid base for individual professional development. Reciprocity ensures that all those involved in the process share and benefit from this approach.

- It creates confidence and improves competence in the worker
- It assists in the discovery of new information that can improve practice
- It allows for guided choice and further learning
- It enables learning from the experience of others
- The process has the protective factors of clear ground rules
- Allows for robust evaluations

## Who is the course aimed at?

Supervisors or Managers of practitioners, professionals and volunteers working with children, young people and families.

**Duration:** 1 day

## ➔ CAF Concepts and Process

*delivered by Ven Training*

## Outline:

This one day course will explore the concepts and process of CAF to allow the delegate to engage confidently in the process.



## Outcomes:

The course will ensure the delegate understands

- the CAF Model thresholds for intervention
- how to complete CAF documentation
- how to carry out a Child Needs Based Assessment
- The role of the Lead Professional
- When to call a CAF Meeting
- How to use the CAF Model effectively in practice

## Who is the course aimed at?

Anyone required to complete a CAF or take part in the CAF process as a member of the Team Around the Child

**Duration:** 1 day

## ➔ Safeguarding for Professionals working with children

*delivered by Ven Training*

## Outline:

Subjects covered in this training include:

### Learning Outcomes

- Understanding Safeguarding
- Safeguarding in Service Delivery
- Multi-Agency Safeguarding
- Robust Method of Assurance
- Accountability
- Governance and Reporting
- Quality Assurance

### Learning Outcomes

- Understanding Safeguarding
- Safeguarding in Service Delivery



- Multi-Agency Safeguarding
- Robust Method of Assurance
- Accountability
- Governance and Reporting
- Quality Assurance

#### **Outcomes:**

After completing the training, delegates will have:

- A greater awareness of the role of professionals in safeguarding children and the prevention of child abuse, including early help
- An awareness of how assessments are undertaken, along with their own individual roles and responsibilities for assessing risk
- An improved knowledge of the legislation, guidance and local procedures that exist to meet children's needs
- An understanding of individual roles and responsibilities within multi-agency meetings, including decision making
- A better understanding of ensuring effective professional practice, including anti-discriminatory practice, supervision, information sharing and record keeping
- How to work effectively with children and families where disability is an issue
- How to ensure that the voice of the child is heard
- Understand the impact of different cultures and belief systems

#### **Who is the course aimed at?**

Practitioners, professionals and volunteers working with children, young people and families.

**Duration:** 1 day

#### **→ Safeguarding update**

*delivered by Ven Training*

#### **Outline:**

Update delegates on latest thinking in safeguarding

#### **Outcomes:**

- Review and reinforce original training outcomes

- Understand changes in legislation
- Awareness of best practice
- Awareness of new strategies for safeguarding

#### **Who is the course aimed at?**

For those who have taken "Safeguarding for Professionals"

**Duration:** 2 hours

### **→ Child Sexual Exploitation (CSE)**

*delivered by Ven Training*

#### **Outline:**

Responding effectively to child sexual exploitation is highly complex. It is a form of child sexual abuse where the consequences for individuals and communities are wide ranging and long lasting. Local communities and agencies cannot tackle child sexual exploitation in isolation. It requires the full commitment of government agencies, the voluntary sector and wider communities to make child sexual exploitation everyone's business.

#### **Outcomes:**

Our CSE training packages aim to develop competencies in CSE Prevention and Protection. For further information please contact us - these training packages will be tailored to your specific needs. Typically they will cover:

- Understanding the Definition of CSE.
- Indicators of CSE in Children and Young People.
- Understand the Grooming Process.
- Clarity on HOW, WHEN and WHY to share information.
- Being Proactive – Spotting patterns of sexual exploitation.
- Effective Information Sharing between Agencies.
- Developing Protocols for working across area boundaries.
- Engaging with Local Communities.
- Creating an Effective Information Gathering Strategy.
- Evaluation of Ways of Counteracting Methods of Abuse and Bullying.

**Duration:** varies dependent on course

## Related Courses

### ➔ Surviving the Teenage Years

*delivered by Time2Listen*

#### Outline:

Providing a secure, loving and supportive environment to children who haven't necessarily had the best start in life can be difficult at any time. However when you then add in to the mix the transition in to adulthood and independence conflicts can become the order of the day.

The aim of this training is to raise awareness of the difficulties that young people face making the transition in to adulthood. To understand the physical, emotional and social effects of this period of their lives. The training will also provide helpful suggestions to improve the communication between adults and teenagers.

#### Outcomes:

- Understand adolescents from a physical, emotional and social perspective
- Appreciate the effects of these forces on the individual
- Apply a range of strategies to improve communication between adults and the adolescent

#### Who is the course aimed at?

Parents, Foster Carers, Adoptive Parents, Step-Parents, Family Members and anyone who works with children and young people, in whatever capacity, will benefit from this training.

**Duration:** 1 day

### ➔ The Importance of Raising Self-Compassion in order to raise Self-Esteem; in Children and Young People

*delivered by Time2Listen*

#### Outline:

Self-esteem is seen as crucial to learning and the foundation of self-confidence and motivation however establishing it can be easier said than done.

The aim of this training is to raise awareness of self-compassion, its importance and the effects of low self-compassion on children and young people. It also aims to help participants appreciate the need to focus on self-compassion rather than self-esteem.

#### Outcomes:

- Understand the difference between self-esteem and self-compassion

- Appreciate the underlying issues leading to low self-compassion
- Recognise the need to focus on self-compassion to increase self-awareness and self-confidence
- Define the link between low self-compassion, depression and mental health issues
- Comprehend the barriers to developing self-compassion
- Compare different strategies to assist in developing self-compassion
- Appreciate existing skills in working with children and young people

### **Who is the course aimed at?**

Parents, Foster Carers, Adoptive Parents and anyone who works with children and young people, in whatever capacity, will benefit from this training.

**Duration:** 1 day

### **➔ Rewiring the Brain to change Behaviour**

*delivered by Time2Listen*

### **Outline:**

Our brains are wired to have a negative bias, to be vigilant to harmful experiences, to identify potential threats and dangers that could challenge our survival. Such self-protection goes back to our days as hunter- gatherers but as our lives have moved on and changed our perception of danger has not. What began as a strong, reliable survival strategy can now play a huge part in the development of anxiety, stress and depression.

Thankfully we are no longer doomed to be controlled by our 'survival brain', we have the ability to 're-wire' our brains and think positively, change thought patterns, reactions and behaviours. Recent brain research has identified that our brains, once thought of as functioning in a predetermined way with little ability to change, are in fact malleable and, under certain conditions, can affect change.

The aim of this training is to provide a scientific overview of how the brain works and to discuss how to personally 're-wire' your own brain, and assist others to, in order to make positive changes in behaviour. To feel more positive, remain calm during stressful times, improve relationships and even change the habits of a lifetime.

### **Outcomes:**

- Understand the development of the brain
- Identify which parts of the brain are triggered in different situations
- Recognise how patterns of behaviour are created

- Appreciate the link between triggers and behaviour
- Identify different strategies to assist in re-wiring the brain

#### **Who is the course aimed at?**

Parents, Foster Carers, Adoptive Parents and anyone who works with children and young people, in whatever capacity, will benefit from this training.

**Duration:** 1 day

### ➔ **Understanding and Working with Self-Harm in Children and Young People**

*delivered by Time2Listen*

#### **Outline:**

Knowing that a child or young person is self-harming can be difficult to deal with and often people feel hopeless and helpless. The aim of this training is to raise awareness as to why children and young people self-harm, what constitutes self-harm and how to develop skills necessary when working with these young people despite this practice.

The training will involve a range of techniques including group discussions, case studies and active exercises and includes handouts.

#### **Outcomes:**

- Define what self-harm is and recognise a range of methods
- Recognise the difference between self-harm and suicide
- Understand some of the reasons why children and young people self-harm
- Recognise hostile ways of working with those who self-harm
- Recognise effective strategies for improving relationships
- Identify some useful strategies for helping children and young people to reduce self-harm

#### **Who is the course aimed at?**

Parents, Foster Carers, Adoptive Parents and anyone who works with children and young people, in whatever capacity, will benefit from this training.

**Duration:** 1 day



## ➔ Neuroscience and Attachment

*delivered by Time2Listen*

### **Outline:**

With the increasing use of brain scans and investment in brain research there have been great advances in the knowledge of brain development. In the past children have been seen as very resilient and capable of withstanding all manner of stress, but we now know this is inaccurate. Children's brains are highly vulnerable and very much influenced by their interactions and the chemicals released as a result.

The aim of this training is to provide an overview of how the brain works and an awareness of the effects that stress and anxiety can have on a child. It will provide strategies to assist in regulating the emotional response.

### **Outcomes:**

- Understand the development of the brain
- Identify which parts of the brain are triggered in different situations
- Recognise the role of different chemicals in the brain
- Appreciate the link between attachment and the development of the brain
- Identify the barriers to developing a secure attachment
- Identify different strategies to assist in the reduction of harmful chemicals in to the brain

### **Who is the course aimed at?**

Parents, Foster Carers, Adoptive Parents and anyone who works with children and young people, in whatever capacity, will benefit from this training.

Duration: 1 day

## ➔ Primal Wound and Attachment

*delivered by Time2Listen*

### **Outline:**

A lot has already been written about attachment, the process and the need for a secure attachment. Developing a secure attachment to a primary caregiver is extremely important for a child's ability to trust and the development of intimate relationships in adulthood. It is also associated with emotional regulation and the development of the individual's identity. What is often overlooked is the power of the attachment that forms between mother and child before birth, in-utero. It is this bonding that if severed, either at birth or later, can cause what is often referred to as the 'Primal Wound', a lesion so deep that it may never heal and the cause of so much pain and trauma.

The aim of this training is to raise awareness of the existence of this wound and understand the effects of this trauma on the child. To help those living and working with adoptees, children in care or any child no longer living with their birth mother, assist in the process of healing.

**Outcomes:**

- Understand attachment both before and after birth
- Appreciate the effects of abandonment and loss on the individual
- Apply a range of strategies to assist in the healing process

**Who is the course aimed at?**

Parents, Foster Carers, Adoptive Parents and anyone who works with children and young people, in whatever capacity, will benefit from this training.

**Duration:** 1 day

➔ **Attunement To Form Attachment**

*delivered by Time2Listen*

**Outline:**

Research shows that early attachments have a serious impact on the development of our children. When secure attachments are not formed early in their lives it can have a negative impact on later behaviour and even throughout their lives. However to develop a secure attachment we need to demonstrate attunement, being aware of and responsive to another individual. Having the ability to communicate in a non-verbal way is vital as it helps us to build and maintain relationships.

The aim of this training is to provide an understanding of attunement in relation to developing a secure attachment. It will provide strategies to assist in developing the skills of attunement.

**Outcomes:**

- Understand the forms of attachment
- Identify the importance of having a secure attachment
- Appreciate the link between attunement and attachment
- Identify the barriers to developing a secure attachment
- Identify different strategies to assist in developing the skills of attunement

**Who is the course aimed at?**

Parents, Foster Carers, Adoptive Parents and anyone who works with children and young people, in whatever capacity, will benefit from this training.

**Duration:** 1 day

## ➔ Understanding and Working with Anger

*delivered by Time2Listen*

### **Outline:**

It would appear that children and young people are getting angrier and find it difficult to regulate their emotions. Ultimately this is not only disruptive for them but for those around them and affects learning.

The aim of this training is to raise awareness of the physiology and psychology of anger and to develop strategies to assist in regulating the emotional response.

### **Outcomes:**

- Understand how the brain works in relation to anger
- Recognise the physiological signs of anger
- Understand the psychological reasons behind anger
- Select different coping strategies to use with anger
- Compare ways of working with an angry young person

### **Who is the course aimed at?**

Anyone who works with children and young people, in whatever capacity, will benefit from this training or anyone who lives with children.

**Duration:** 1 day

## ➔ Pricing

- **Safeguarding Children Training** is priced based on total numbers of people being trained and whether training takes place remotely, at your offices or at Globocol's premises.
- Contact Globocol for a quote for your needs.

## ➔ Contact Globocol

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### **Website**

[www.childsafeguardingsolutions.org](http://www.childsafeguardingsolutions.org)